



Forgiveness...The 12 Steps to Freedom

Audio Course Discussion Guide

This course involves listening to the audio course together and then discussing after each recording.

Scheduling: If you have 1 hour (or 1.5 hour) sessions, you could cover the material in 6 sessions. Session 1 would cover days 1 & 2, Session 2 would cover days 3 & 4, etc. It is recommended to listen to no more than 2 audio files per session.

Structure:

- 1.) First session: introductions & welcome; Future sessions: Has anything come to mind since our last session that people would like to discuss?
- 2.) Listen to one recording
- 3.) Follow with 15 - 20 minutes of discussion using questions provided as prompts
- 4.) Listen to the 2nd recording
- 5.) Follow with 15 - 20 minutes of discussion using questions provided as prompts
- 6.) **Final Session: please have everyone complete an evaluation form, scan or take pictures and email to yeabut40@gmail.com**

To purchase the Audio Course:

<https://forgivenessinstitutekc.getlearnworlds.com/course/12-steps-to-freedom>

Prepare - If you are listening to the audio course together:

1. Log into your subscription and ensure you can access all of the days via your audio course subscription.
 2. Ensure you have an adequate sound speaker to ensure all attendees can hear clearly.
 3. Utilize this guide for a few discussion questions on each session. The scripture/quote can also be a reflection/discussion topic.
 4. Encourage attendees to sign up for their own audio course subscription so they can listen in advance or after the discussions.
-

Day 1 (20:50) - Who in your life will tell you the truth?

"To forgive is to set a prisoner free and discover that the prisoner was you."

— Lewis B. Smedes

Reflection Questions:

- Who in your life will tell you the truth, no matter what?
- How could your life change if you truly believed that "God has a perfect plan" for you to become the best version of yourself?

"Learning to forgive is an acquired skill, a learned behavior. The decision to forgive leads to a habit, which leads to a virtue." — Chuck Jansen

Day 2 (11:33) - Acknowledge, Own & Process (AOP)

"Forgiveness is a virtue of the brave." — Indira Gandhi

Reflection Questions:

- What event or person can best help you process your suffering and hurt?
 - Why do you think that taking time to share your thoughts with a friend or group can help you process your hurt?
 - Have you ever struggled with forgiving yourself? Do you think talking with someone would help you in your desire to be forgiven?
-

Day 3 (13:40) - Vocabulary & Terms

"Forgiveness says you are given another chance to make a new beginning."

— Desmond Tutu

Reflection Questions:

- Regarding Desmond Tutu's quote: In what relationship do you want or need a new beginning?
 - Do you spend more time being a thermometer or a thermostat?
 - What role do you feel boundaries play in your situation?
 - When a relationship breaks down, it is rarely only one person's fault. It might be 40% / 60% or 90% / 10%, but rarely 100% / 0%. If that is the case in your situation, ask yourself "What is my role in this relationship breakdown". "What would I do differently?"
-

Day 4 (10:22) - Redemptive Suffering

"Forgiveness is above all a personal choice, a decision of the heart to go against the natural instinct to pay back evil with evil." – Saint John Paul II

Reflection Questions:

- Are you willing to apply a “redemptive suffering” attitude to your cross?
 - What “concern” greatly occupies space in your mind, that “uniting with Christ on the cross” could free you up for living life more intentionally?
-

Day 5 (8:34) - Forgiveness Is A Choice

"If we really want to love, we must learn how to forgive."
– Saint Teresa of Calcutta

Reflection Questions:

- Forgiveness is a choice. A HEROIC choice. It takes great STRENGTH to forgive. It is NOT a feeling. It is a decision. A decision...that leads to a habit...that leads to a virtue.
 - What is your “yea but”?
-

Day 6 (8:11) - Seek Help on the Journey

"To err is human; to forgive, divine." – Alexander Pope

Reflection Questions:

- Discuss this concept: Forgiveness is not intrinsic, we are not born with an understanding of how or why to forgive. Forgiveness is a learned, acquired behavior.
 - What friend or friends can best help support you in this journey to forgive someone?
-

Day 7 (14:12) - George's Story

"The bitterest tears shed over graves are for words left unsaid and deeds left undone."
– Harriet Beecher Stowe

Reflection Questions:

- What do you feel are the benefits of taking action toward forgiveness sooner rather than later? What are the detriments?
 - If through some magical power, you knew you were going to die next Wednesday, what broken relationship would you repair?
-

Day 8 (12:47) - Weight of NOT Forgiving

"Holding on to anger, resentment and hurt only gives you tense muscles, a headache and a sore jaw from clenching your teeth. Forgiveness gives you back the laughter and the lightness in your life."
– Joan Lunden

Reflection Questions:

- How has the burden of not forgiving manifested itself in your mental, physical, emotional and spiritual health?
 - We invite you to ask a friend, "Whom have I not forgiven?"
-

Day 9 (9:52) - Victim to Victor / Survivor

"When you forgive, you in no way change the past - but you sure do change the future."
– Bernard Meltzer

Reflection Questions:

- Where in your life is this statement true: "Where I put a period, God wants to put a comma."
 - What lie is renting free space in your mind?
-

Day 10 (15:16) - Surrender

Note: There is a prayer service in this recording, from 8:50 - 15:17 (6 minutes, 27 seconds).

"Practicing forgiveness not only saves families from divisiveness, but makes them capable of helping society to be less heartless and less cruel. Yes, each act of forgiveness fixes the cracks in the house and strengthens its walls."

– Pope Francis

Reflection Questions:

- Reflecting upon Pope Francis' quote above: In your families and friendships, are you teaching and illustrating through your actions, the act and beauty of forgiveness?
 - What are you hanging on to that God is telling you to "Let Go"?
-

Day 11 (8:23) - Are We There Yet?

"Forgiveness is not just a gift we offer to others, but a gift we give ourselves."

– Saint Ambrose

Reflection Questions:

- Reflecting upon Saint Ambrose's quote above: How can forgiving others be a gift to you? Do you deserve that gift? (Of course, the answer is "YES!")
 - "Are we there yet?" Where are you on your forgiveness journey?
 - Can you embrace the paradox of being a follower of Jesus Christ?
-

Day 12 (16:00) - What is your Finish Line Attitude?

"If you forgive others their transgressions, your heavenly Father will forgive you. But if you do not forgive others, neither will your Father forgive your transgressions."

– Matthew 6:14-15

Reflection Questions:

- Reflect upon what Jesus says in Matthew's gospel above. Why do you think he makes this bold statement?
- What "finish line attitude" best describes where you are?
- What is your action plan? (The devil wants you to do nothing!)



Evaluation Form

Help Us Grow!

Location: _____ Date: _____ Instructor: _____

Your "Presence" was greatly appreciated! THANK YOU for sharing and being a part of this workshop!

1.) Name 1, 2 or 3 things in the class/presentation that were particularly helpful to you.

2.) Name 1, 2, or 3 things that we could improve on.

3.) What was your biggest take-away?

Forgiveness Education works! Your support of time, treasure or talent to the ministry of Forgiveness Education is greatly needed and appreciated. We need and welcome your support! Take action to do what God is calling you to do. Heal a familial relationship, become a facilitator, make a one time or monthly pledge, bring this ministry to your church, business, or organization.

Forgiveness Institute KC, Inc. has a monthly newsletter. Please provide your email!

Name _____

Email _____

Phone _____

What event, person, or "self talk" do you wish for God's help in releasing? List something you hope to let go of or surrender:

Please share this program with others!
Encourage them to visit yeabut.org for more information on this ministry!